


# Hadley Regional Center Fitness Schedule

Time	Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00am		*Tai Chi	6:30 Water Boot camp	*Tai Chi	*Tai Chi	*Tai Chi	
8:00-9:00am							
9:00-10:00am		WaterWalk <u>* CardioCise</u>	*The L.A.B. (Legs,Abs,Butt)	Water Walk	<u>*CardiocCise</u>	Water Walk	
9:30-10:30			Senior/Mature Adult -Learn to Swim (Registration Required)		Senior/Mature Adult- Learn to Swim (Registration Required)		Water Works
10:00-11:00am		Water Exercise	*Line Dance	*Water Exercise	*Line Dance	Water Exercise	10:00 Mix It Up- Hip Hop Dance/Zumba Fitness
11:00-12:00pm							YOGA
11:30-12:00			Yoga				
5:00-6:00pm		Step and Sculpt		5:15 Fit & Fabulous			
5:30-6:30pm						Aqua - Zumba	
6:00-7:00pm		*Line Dance	<b>ZUMBA</b>	Zumba Line Dance *	Yoga for the Family 6:15-7:00		
6:30-7:30pm		Water Explosion	Aqua Arms & Abs		<u>"Aqua-cise"</u>		Classes are \$3.00 - except Capoeira  * Indicates Free class
7:00-8:00pm			Capoeira		Capoeira		For more information please call (615) 862-8451

**Notice: Classes are subject to cancelation due to low attendance**